THE

ECONOMY OF AN INSTITUTION,

ESTABLISHED

IN SPITALFIELDS,

LONDON.

FOR THE PURPOSE OF

SUPPLYING THE POOR

WITH

A GOOD MEAT SOUP,

AT ONE PENNY PER QUART.

Principally extracted from the Papers of the Society, and published with a View to the Eſtabliſhment of

SIMILAR INSTITUTIONS,

IN TOWNS, VILLAGES, AND POPULOUS NEIGHBOURHOODS.

To which is added

AN ACCOUNT OF THE

SOUP ESTABLISHMENT

AT WESTMINSTER.

DUBLIN:

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1800.

THE

ECONOMY

OF AN

INSTITUTION, &c.

IT is doubtleſs obvious to every reflecting mind, that at no period have more urgent cauſes conſpired to render the efforts of the affluent, and of thoſe deſirous of mitigating the ſufferings of the poor, ſo deſireable or neceſſary, as during the preſent winter, as ſome of the articles of food will, in all probability, exceed former example as to price. The failure in the late harveſt, has cauſed a ſcarcity of grain that is greatly felt, and from this cauſe, the price of the important article of bread, upon which perhaps the poor depend more for their daily ſupport, than any other, has ſo greatly advanced, that the ſmall earnings of very many families are wholly expended in the purchaſe of it alone; and preſent appearances induce the belief, that butchers' meat, though at preſent it be at a moderate price, will, in the courſe of the winter, be very conſiderably higher. If the affluent, and thoſe in eaſy circumſtances, feel the

inconveniencies reſulting from this, how far more intimately muſt they be felt by the poor, whoſe pittance, even in times of plenty, may be ſcarcely ſufficient to extricate them from the miſeries of want. Surely under circumſtances like the preſent, the ſufferings they endure loudly call for the attention and comforts, which a ſmall portion of the time and money of thoſe in more elevated ſtations in life, might eaſily beſtow; and when ſcarcity prevails, it is a duty owed to the community as well as to the poor. The attempt to raiſe our fellow-creatures from a ſtate of want, and to ſecure to them the enjoyments of all the conveniencies and comforts which their ſtation will admit, are exertions worthy of a liberal mind.

The ſympathy that has at various times been felt for the diſtreſſes of the poor, has excited benevolent individuals and ſocieties to uſe conſiderable exertions to alleviate their ſufferings. Sometimes pecuniary relief has been afforded; at other times the articles of fuel, of clothing, or of food, have been diſtributed. It is however evident, that to give due effect to theſe purpoſes, in populous neighbourhoods and in manufacturing towns, a large and conſtantly ſupplied fund is indiſpenſable. At other times, the neceſſary articles of ſubſiſtence have been purchaſed in large quantities, on the beſt terms, and have been retailed to the poor under prime coſt. By this means their reſources have been eſſentially aſſiſted, the requiſite funds have been raiſed without treſpaſſing greatly on the benevolence of individuals; and, by their not relying too much on the bounty of others, that independent ſpirit which is to be found in the walks of humble life, has been preſerved.

These considerations excited a number of persons in the winter of 1797, to form themselves into a society, for the purpose of endeavouring to alleviate a part of the difficulties under which the poor then laboured. In some of the schemes above alluded to, the provisions remained to be cooked by the poor, and in others, the articles of clothing or of fuel, though it cannot be doubted but in many instances they were properly applied, yet when distributed gratis, opportunities were afforded for their being exchanged for pernicious spirituous liquors, or conveyed to the pawnbroker's shop. These are evils, to which the untaught and improvident poor have long been accustomed; the existence of them must ever be deplored by the benevolent, who in their endeavours to mitigate the sufferings of the poor, ought most studiously to avoid affording them any opportunity of increasing their miseries by such means. It is to be feared that these on the one hand, and their want of economy on the other, have too often rendered the well-intended efforts of individuals and societies less productive of benefit than was expected, if not unavailing.

To obviate these inconveniencies, no other remedy occurred to this Society, than the distribution of the articles ready dressed; and it appeared to it to be a fact, universally admitted, that an equal quantity of nutritious aliment cannot be afforded at so reasonable an expense, by any other mode of preparation, as by that of a Good Meat Soup.

The Society was also induced to prefer Soup, with a hope that the poor would become attached to that species of food, and thence be led to adopt a mode of cooking more simple and economical than any they had hitherto practised; and that,

by thus preparing a palatable and nutritious food, to be ſold at a low price to ſuch as were properly recommended, many who are laudably anxious to provide for their families by their own induſtry, and to avoid the painful neceſſity of applying for parochial relief, might be materially aſſiſted.

The plan upon which the Society was eſtabliſhed, was ſomewhat ſimilar to one at Birmingham, and was inſtituted in Spitalfields, which appeared the moſt eligible ſituation, being the reſidence of a very large number of families employed in manufactories; but its benefits are not confined to the inhabitants of any particular diſtrict. The beneficial effects of this, and the eagerneſs with which the poor ſought a relief, at once economical and nouriſhing, induced the eſtabliſhment of other inſtitutions of the ſame kind, ſoon after, in other parts of London; theſe are conducted in a manner nearly ſimilar, but with modifications adapted to local circumſtances. As a proof that the poor eſteemed the Soup a ſeaſonable relief, it may be quoted, that in the winter of 1797-8, in which the houſe in Spitalfields was open only 88 days, 114,502 quarts were ſold; in the winter of 1798-9, in which it was open 125 days, 152,489 quarts were ſold; and the Committee appointed to conduct the affairs of the Inſtitution, felt much ſatisfaction in learning that the obſervations made at the cloſe of the ſeaſon, by many induſtrious but indigent families, who had frequently partaken of the Soup, were thoſe of regret, mingled with gratitude and commendation.

The ſucceſs and acknowledged utility of theſe Inſtitutions demonſtrates, that much may be done towards the relief of the poor. Not only to the large body of them in the vicinity of London,

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are the benefits which they hold out properly directed, but they are adapted to every village and manufacturing town; and many have been eſtabliſhed in various parts of England. It affords ſome conſolation to thoſe who are acquainted with their nature, and have the benefit of the poor at heart, that the eſtabliſhment of them is faſt gaining ground; indeed the great number of applications that have recently been made for details of the plans of thoſe already formed in London, and a conviction of the utility and benefit reſulting to the poor from them, have induced the preſent publication, as well as a hope that an account of what has already been done, may ſtimulate others, and tend to convince benevolent and well diſpoſed individuals reſiding in poor and populous neighbourhoods, that it will not be a difficult taſk to eſtabliſh ſimilar inſtitutions, and that, wherever they are eſtabliſhed they become a ſource of comfort to the poor, and afford material aid to their daily ſuſtenance. The diſtreſs ariſing from the want of the neceſſaries of life, has too often contributed to the commiſſion of crimes; which, equally with thoſe proceeding from depravity, have entailed laſting diſgrace upon the unfortunate perpetrators and their families. Were the united efforts of the humane and affluent more frequently directed to meliorate the condition of the poor, many of the evils they now endure might probably be removed, and in ſeaſons like the preſent, by raiſing their fellow-creatures above a ſtate of want, their country eſſentially benefited.

Inſtitutions of a ſimilar nature have been attempted by pariſhes or corporate towns, but theſe have too often failed of ſucceſs. From the well-directed benevolence and zeal of individuals only

in the cauſe of the poor, can inſtitutions for their permanent comfort receive due ſupport; who, not alone biaſſed by the more trifling deſire of reducing the poor rates, determinately reſolve to benefit the poor.

If a deſire ſhould ariſe in the breaſt of any individual under whoſe conſideration this may fall, to aſſiſt the poor in his vicinity, by the benefits which ſuch an Inſtitution holds forth, let not the apparent magnitude of the undertaking deter ſuch an one; a little calm conſideration and conference, aſſiſted by an account of the mode in which ſuch an Inſtitution is conducted, will ſuffice to prove that it will not be a difficult taſk; let him therefore call together a few well-diſpoſed neighbours, whoſe ready diſpoſition to ſerve the poor cannot be doubted, and may not ſuch be found in every town and village, and conſult with them upon the propriety of aſſiſting the poor under their preſent preſſure.

For the more complete information of ſuch as may be thus deſirous of rendering ſervice to the public and the poor, and ſurely whatever tends, in ſeaſons like the preſent, to make a little food go a great way, to ſave the conſumption of bread, and in fact to economize the neceſſary articles of food, may be conſidered a ſervice to the public, the minutiæ of the economy of the Inſtitution in Spitalfields will be detailed, which it is hoped will convey the neceſſary information, in forming new eſtabliſhments. It may perhaps be objected that the modes of tranſacting the affairs of one which is capable of, and has frequently prepared and ſold, upwards of 2100 quarts of Soup per day, are not applicable to the ſituation of a ſmall town or village; but the neceſſary alterations and modifications of the plan will become apparent without

without difficulty, and it is far more eaſy to reſcind than to chalk out a new mode. Copies of the Receipt by which the Soup is made, and of the mode adopted in preparing it, of the Recommendation given by ſubſcribers to the poor, of the Ticket given by the Society in lieu of the Recommendation, and of the Bye-Laws of the Committee, will be added to the above, as well as a Plan of the premiſes on which the Soup is made and ſold; the addition of the latter was ſuggeſted by the idea that it might be of ſome aſſiſtance in laying out the premiſes of eſtabliſhments, where there may be a conſiderable number of applicants, as indeed it has already been. The unpleaſant effects reſulting to the poor from the preſſure of a croud at the door of the houſe, induced the Committee to adopt the plan of arranging them in the houſe, in the order of application: by this means, they have been relieved from the difficulties of a croud, the Soup has been ſupplied in turn, and the whole have been protected from the inclemencies of the weather.

AT the commencement of the inſtitution, a few individuals intending actively to aſſiſt in the execution of the plan, met frequently at private houſes, and circulated a printed addreſs to the public, together with ſundry Reſolutions for their future government, and of that of a Committee, which was ſoon appointed to carry its plans into effect. It now conſiſts of about 36 acting members, and 3 or 4 ſupernumerary. It is however permitted to increaſe its number to 48. A general meeting of Subſcribers, who are about 600 in number, many of whom attend, is held once in 2 or 3 months during the ſeaſon for making the Soup, as well as before the commencement, and

at the end of it. The Committee meets once in two weeks, in an evening, at the Soup Houſe, No. 53, Brick Lane, Spitalfields, and is generally attended by about twenty of its members, when the Treaſurer reports the monies received for Soup, and the balance of the Society's fund. Bills preſented for payment are referred to a Sub-Committee, who examine them, and if found right, order payment; new members are propoſed and balloted for, &c. &c. Great advantage has been derived from dividing the buſineſs among ſmall Sub-Committees, and requiring them to report regularly.

Four iron boilers have been erected on the premiſes, capable of making upwards of 2100 quarts of Soup. It is made according to the annexed Receipt, a copy of which is hung up in the Boiling houſe for reference; its average price exclusive of rent, wages, boilers, and improvements on the premiſes, is rather more than 1¼d. per quart. The following aſſiſtants have been found neceſſary; a woman, as ſuperintendent, who lives in the houſe, rent free; her office is to attend the cooking, to meaſure out the Soup, and to ſee that cleanlineſs be obſerved. There are alſo three men hired by the week, who, under the direction and inſpection of Sub-Committees prepare the meat and ingredients for making the Soup, attend the proceſs, and ſcour and keep clean the boilers, utenſils, and premiſes, which is conſidered by the Committee an object of great importance.

Three members of the Committee are appointed in turn as *daily viſitors*; at leaſt two of them attend at 6 o'Clock in the evening, to ſee the meat ſent in during the day, weighed, and afterwards apportioned, cut up, and put into the boilers, and the remainder hung up in the larder; the fires

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are then lighted, and the peas and other ingredients are weighed out, and afterwards locked up in the ſtore room; the key of which, together with that of the larder, are given to the ſuperintendent. Before 11 o'Clock on the following morning, the ſame three viſitors attend, for the purpoſe of delivering the Soup to the Poor: one of them is employed in giving out numerical Tickets to thoſe who bring Recommendations ſigned by Subſcribers. Another viſitor is occupied in receiving the money, and reporting the number of each Ticket, and the number of Quarts to the third viſitor, who regiſters them in a numerical book, by which it is intended to prevent the application of the ſame perſons more than once on the ſame day. Thus by the regularity and diſpatch uſed in ſerving the Soup, the former of which will be more fully exemplified by the ground plan of the premiſes annexed, 2100 quarts of Soup have frequently been delivered in leſs than two hours and a half.

It is the duty of the viſitors, before they leave the premiſes, to obſerve that the caſh taken agree with the number of quarts ſold, and to enter it in the viſitor's book, with any remarks worthy notice that may occur. Laſtly, they report to the Treaſurer, and deliver him a Ticket of the amount of the money received. Upon each Recommendation is put the number of the Ticket given for it; they are regularly filed, and afterwards ſtrung up in hundreds for eaſy reference.

The Ticket given in lieu of the Subſcriber's Recommendation, intitles the poſſeſſor to apply every day, and laſts about two months, at the option of the Committee; the Subſcriber then gives a new Recommendation if he think proper. The quantity allowed is proportioned to the number in family. If a family conſiſt of two or three

perſons

perſons two quarts are deemed reaſonable; if of four or five perſons, three quarts, and ſo in proportion.

The *viſitor's book* above alluded to, is a printed form with blanks, to be filled up by the evening and morning viſitors, and contains for the information of the Committee, and regularity in its proceedings, an account of the names of the members who attend; of the quantity of meat brought in during the day, and whether it agree with the butcher's bill; of the manner in which the meat was apportioned, and the quantity left; of the quantity of Soup made and ſold; of the number of Recommendations received daily; and miſcellaneous obſervations: a Sub-Committee is appointed to examine this, which reports any remarks that appear of conſequence to the next ſitting of the Committee.

BYE-

BYE LAWS OF THE COMMITTEE.

I. That this Committee do meet once in two weeks, ſubject, nevertheleſs, to the call of the Secretary, upon the requiſition of ſix of its members.

II. That this Committee do meet at 6 o'Clock in the evening, the time to be determined by the middle watch of three, and that every member be liable to a fine of 1s. who ſhall not come into the Committee room before the reading of the liſt of members be concluded, without an excuſe deemed reaſonable by a majority of the members preſent.

III. That not leſs than 13 members ſhall conſtitute a quorum for tranſacting buſineſs.

IV. That the Treaſurer be appointed Chairman of this Committee, and that it be the duty of the Chairman to read the fair minutes, to keep order, and to put ſuch queſtions as may come before the Committee, during its ſittings.

V. That if the Chairman be not in the Committee room before the reading of the liſt of members be concluded, the members preſent ſhall be at liberty to chooſe a Chairman from among themſelves.

VI. That in conſequence of the power veſted in this Committee, by a general meeting of the Society, of electing its own members, ſuch elections be determined by ballot, not leſs than ſix negatives to exclude.

VII.

VII. That no member of the Committee ſhall abſent himſelf during its ſitting without permiſſion from the chair.

VIII. That the order of buſineſs in the Committee after reading over the liſt, and balloting for new members be firſt to receive the report of the Sub-Committee, appointed to examine the viſitor's book. 2dly, To read the minutes of the laſt ſitting, after which new propoſitions ſhall be taken into conſideration.

IX. That the daily viſitors, or their ſubſtitutes, procured from among the members of this Committee, appointed to aſſiſt at the preparation of the Soup, attend at 6 o'Clock in the evening preciſely for that purpoſe, under the fine of 1s. for abſence at the preciſe hour, and of 2s. 6d. for total abſence, with this proviſo, and that two of them ſhall be at liberty, by previous agreement, to excuſe one, who ſhall not be liable to the ſaid fines.

X. That if it ſhould be inconvenient for any member to attend in his turn at the delivery of the Soup, he muſt procure a ſubſtitute from among the members of this Committee; in default of which, and in caſe of non-attendance of a member preciſely at the hour appointed, he ſhall pay a fine of 5s. the regular attendance of the Sub-Committees appointed to aſſiſt at the delivery of the Soup, being conſidered by this Committee, eſſential to the proper ſupport of the Inſtitution.

XI. That all monies received by the Treaſurer for fines, be appropriated to the uſe of the Society, in defraying the expenſes attending its meetings, and to ſuch other purpoſes as may appear eligible to this Committee.

XII. That the evening and morning viſitors do ſeverally note in the viſitor's book the exact time of their coming.

RECEIPT

RECEIPT OF INGREDIENTS

From which One Hundred Galls. of Soup are made.

8 Stone of Beef	24 lbs. of Onions
16 Ditto Shins	8 lbs. of Salt
46 lbs. of Peaſe	10 oz. of Black
36 lbs. of Scotch Barley	Pepper

The boiler in which the Soup is to be made, is nearly filled with water, before the other ingredients are put in, and is filled up with boiling water in the morning, to make up for evaporation during the night; during the whole of which the Soup continues ſimmering: the fire being damped in the evening, and heaped up with a mixture of ſmall coal, aſhes, and water, which prevents its going out in the night.

RECOMMENDATION.

I recommend
living at
and having in family, to receive Quarts of Good Meat Soup, on paying One Penny per Quart.

London, 179

To the Viſitors at the Soup-Houſe,
No. 53, Brick-Lane, Spitalfields.

☞This Recommendation muſt be preſented at the Soup-Houſe, between the Hours of Eleven and One

TICKET.*

TICKET.*

No. ‖ *Quarts.*

for

Recomd. by

☞This Ticket is not to be diſpoſed of.

Bad Halfpence will be refuſed.

Apply at No. 53, Brick Lane, Spitalfields, between the Hours of Eleven and One on the Working Days of the Week.

DESCRIPTION of the GROUND PLAN of the SOUP-HOUSE.

THE Soup is prepared in the room A; the boilers (two of one hundred and fifty gallons, and two of one hundred gallons), are numbered 1, 2, 3, and 4; No. 5 is a digeſter, which has not yet been uſed as one, the Committee being of opinion that moſt of the nutriment may be extracted from the bones by the uſual mode of preparing the Soup. It has ſometimes happened that a conſiderable quantity of Soup has been left after all the applicants have been ſerved; and the Committee has found conſiderable utility in putting it into tin veſſels about ſix inches deep, and letting thoſe veſſels ſtand in a back (B), partly filled with water; by this means the Soup has been

* N.B. This is printed on a ſtrong Cartridge Paper.

very

very ſoon cooled, and has been kept perfectly good till next day, which if it be left in the boilers, or in veſſels in conſiderable quantities, will not be the caſe when Soup is ſo much boiled as quite to reduce the meat. Above the cooler a back, ſufficient to contain a ſupply of water for the conſumption of two days, is about to be placed. (C) is a yard, into which the bones, offal, &c. are put. The bones are ſold to a perſon who regularly fetches them away. (D) is the larder, with a lettice window looking towards the yard (E). (F) is the ſtore-room, in which the peas, onions, &c. are kept. (G) is a ſmall incloſure in the houſe, in which the viſitors are ſtationed in the morning, at the delivery of the Soup: one at the table (a), to give tickets for the recommendations brought by the applicants; another at the till (b) who takes the money; the third at the deſk (c) who regiſters the number of the ticket, and the quantity of Soup ſold, in a numerical book. The applicants go in at the door (H), and, if they bring recommendations, paſs along the paſſage (d) to the viſitor at (a) and having exchanged their recommendations for tickets, paſs along by (e) to (f), and turning the corner to (g) proceed along the maze to the viſitor at the till (b), where each pays his money, and receives a little ticket denoting the number of quarts paid for: with this he paſſes along by (h) to the ſuperintendant at (i), who is ſtationed with a veſſel (k) which is conſtantly ſupplied with Soup from the boiling houſe; having ſhewn his little ticket, he leaves it in a box, and having received his Soup, he paſſes along the paſſage (l), and goes away through the door (l).

If the applicant has a *ticket*, having entered at the door (H), he paſſes by (m) and joins thoſe coming from the recommendation table at (e).

12,

12, *December*, 1799.

SOUP ESTABLISHMENT WESTMINSTER.

INGREDIENTS uſed at the Soup-Houſe in Weſtminſter, for making 100 Gallons or 400 Quarts equal to 800 pints Wincheſter meaſure, reſorted to after various experiments, as the moſt economical plan that can be deviſed to make good Soup.

			£.	s.	d.	£.	s.	d.
Meat	112lb. Legs and Shins of Beef,	2d.	0	18	8			
	61lb. Clods and Stickings ditto	3hd.	0	17	9			
	173 Pounds average,	2hd.				1	16	5
Split Peas,	18 do.	4d.	0	6	0			
Barley,	30 do.	3d.	0	7	6			
Onions,	17 do.	1hd.	0	2	1h			
Salt,	7 do.	2hd.	0	1	5h			
Total,	245 Pounds including bones.							
Pepper,	10 oz..	1hd.	0	1	3			
Coals,	1¼ Buſhel or there abouts,	1s.	0	1	4			
						0	19	8
Total,						2	16	1

DIRECTIONS FOR MAKING THE SOUP.

THE water in the Iron Caldron muſt be in a boiling ſtate at ſix in the evening—at this hour the butchers meat is weighed by the viſitors, afterwards it is cut in pieces, the bones are broken longitudinally, and then put into the boiler. Soon after, and before the fat melts, the bloody and foul particles which float up are ſkimmed off. Then

Then the boiler is covered close with a wooden cover, and continues boiling or simmering till six in the morning, when the bones are taken out totally divested, by this time of the meat, and the chief part of the nutriment extracted from them—immediately after, the boilers are filled up with water, and the peaſe and barley put in, the fire lighted and the boiler again covered. At eight o'clock the pepper and ſalt are put in, and at nine the onions; the ſoup continues to boil over a ſlow fire, till half paſt ten, when it is ready for delivery, at this period the meat is nearly diſſolved and only appears as threads or floating particles in the ſoup. In the country where turnips are good and cheap, it is ſuppoſed that half a buſhel cut ſmall would ſweeten the broth, and prove a good ſubſtitute for raſpings, which cannot be got in the country.

N.B. The meat and ingredients are weighed in preſence of two of the viſiting committee, who ſee the meat put into the boilers; next morning at half-paſt ten, three of the general committee attend the delivery of Soup;—one gentleman receives the recommendations of ſubſcribers, and fills up numerical tickets to each new applicant—another gentleman receives the money, (viz. one penny per quart,) and a third keeps a numerical book, in which the number of quarts delivered are placed oppoſite to the number of each ticket, in a blank column, by which it is not only diſcovered whether the ſame perſon applies more than once in the courſe of the day's delivery: but alſo checks the money received. One hundred gallons, or four hundred quarts, are generally delivered in the courſe of three-quarters of an hour, and in ſome inſtances after the recommendations are exhauſted in leſs than half an hour.

Note.

☞ Any old commodious building having room ſufficient to ſhelter the poor while in attendance, and ſome back ground will do for a Soup Houſe. The boilers ſhould be of caſt iron,—2, 3, or 4, of 200 gallons each, according to the degree of poverty or diſtreſs in the neighbourhood. And a ſmaller boiler of 50 to 100 gallons, will alſo be neceſſary to heat water to fill up the other boilers, and perhaps to digeſt the bones, which are found here to have a conſiderable nutriment in them, although boiled for twelve hours in the Soup. The liquor when theſe bones are digeſted, will ſtrengthen the Soup, and render a ſmaller quantity of meat neceſſary.

NECESSARY

NECESSARY UTENSILS

FOR

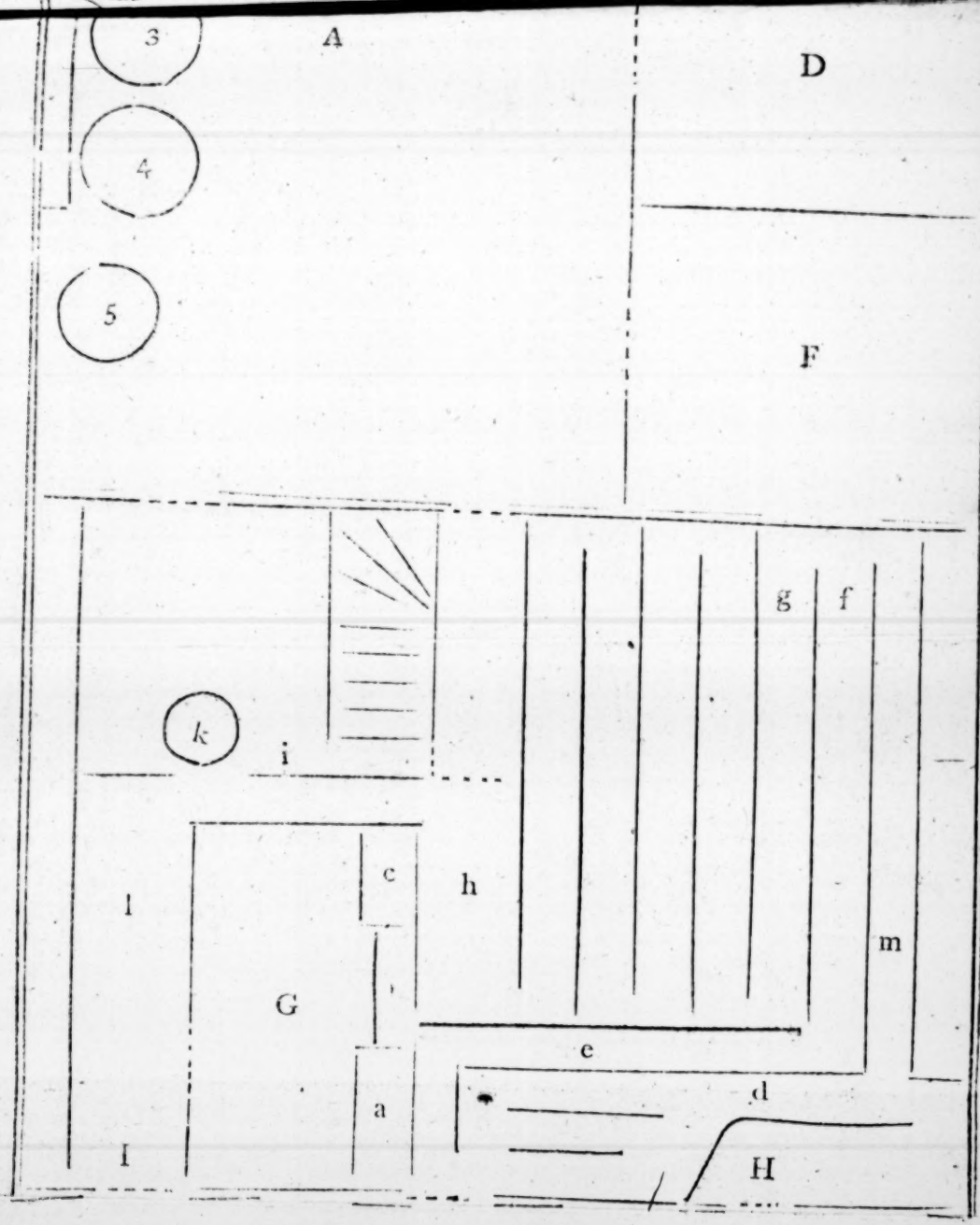
A SOUP HOUSE.

An Iron Boiler.
A Small ditto, to contain Water.
Tin Pails, three gallons each.
Tin Receiver for Soup, ſix gallons.
Tin Quart with handle, to ſerve out Soup.
Tin Funnel with a broad mouth to put into veſſels that receive Soup.
Tin Skimmer.
Tin Cooler to contain what Soup may remain.
Tin Meaſure for Peas.
Ditto for Salt.
A Strong Copper Soup Ladle.
A Small ditto.
Two Soup Stools lined with Tin, one with a hole.
Tubs.
Large Pair of Scales, for Meat &c. with Weights.
Small ditto for Pepper, ditto ditto.
A Bone Diver.
Pepper Mill.
Tin Receiver for ditto.
Pair of Steps to get to Boiler.
Two Iron Scrapers.
An Iron Spatula.
An Iron Coal Raker.
Ditto for bottom of Boiler.
Scrubbing Bruſhes.
Onion Baſkets.
A Deal Binn to contain Corn and Peaſe.
A Dreſſer.
A Ciſtern.

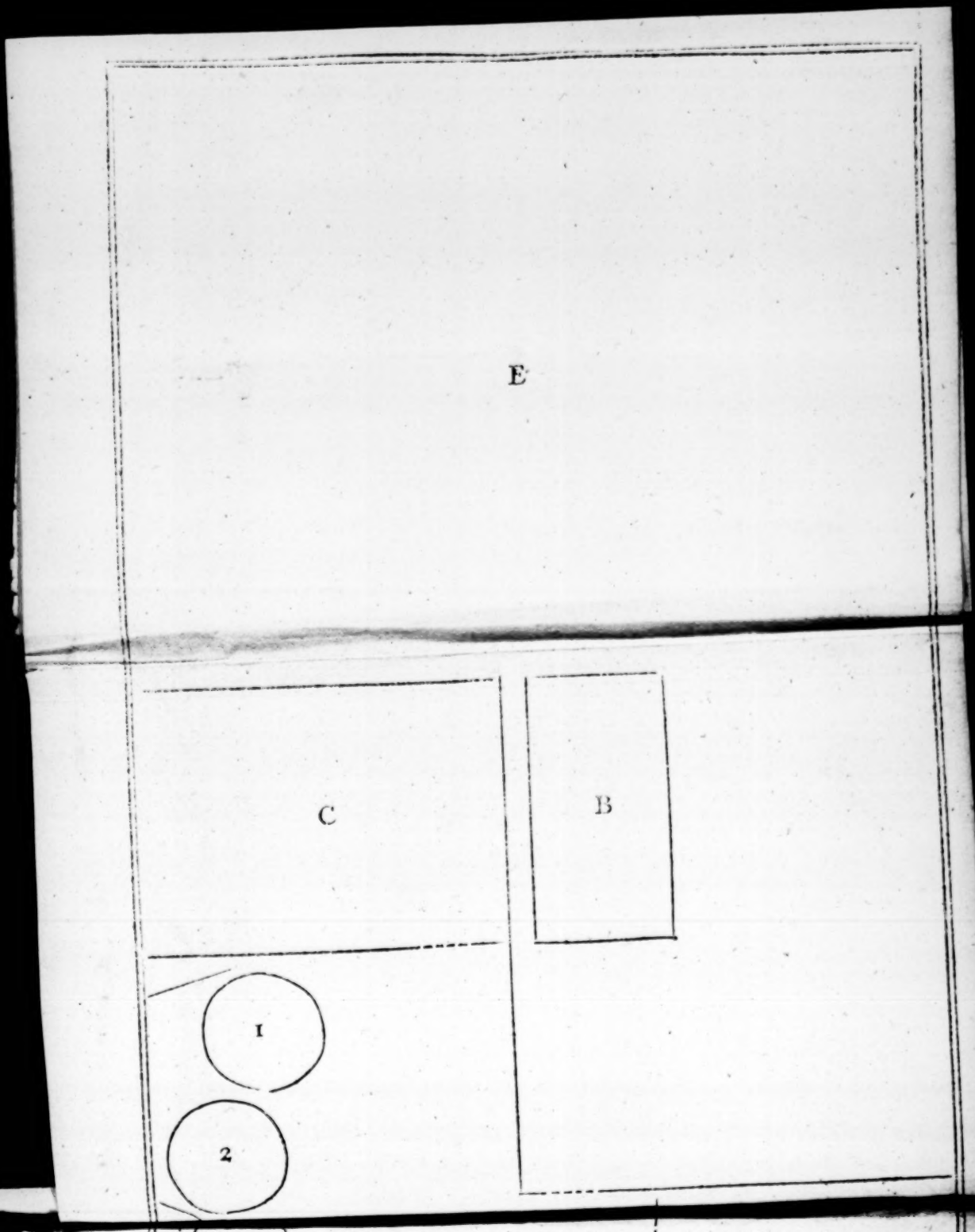
Butchers

Butchers Tools, &c.
Butchers Block.
Two Cleavers.
A Chopper.
Two or Three Knives.
Steel.
Sundry Meat Hooks.

FINIS.



GROUND PLAN of the SOUP-HOUSE, in SPITALFIELDS,
on the Scale of 1-8th of an Inch to a Foot.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